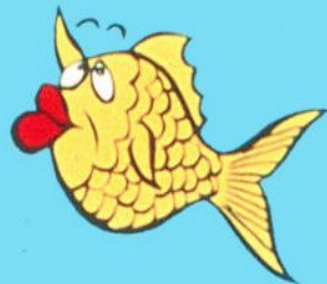
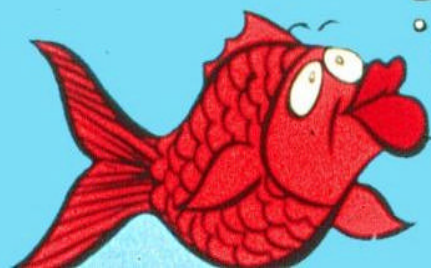
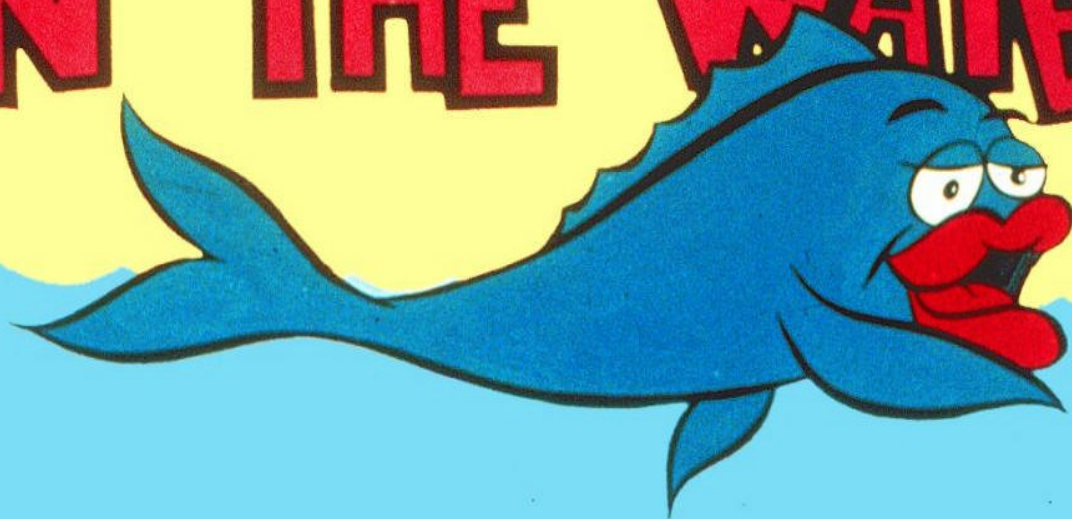


PLAYING IT SAFE IN THE WATER





Water sports should
be **SAFE** as well
as **FUN**.

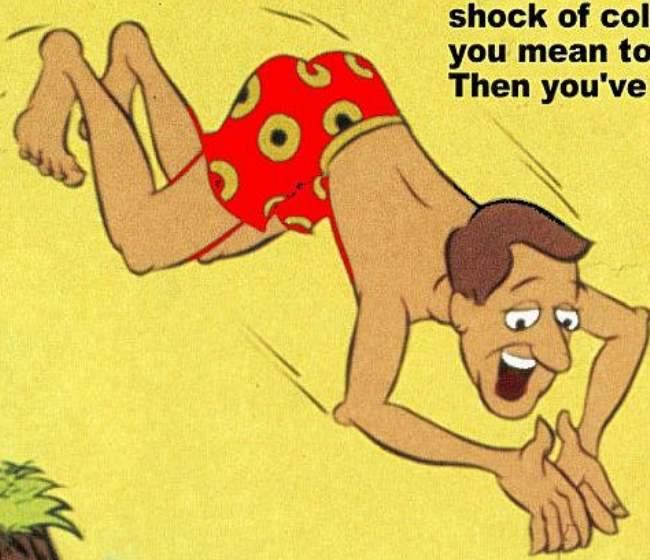
And they can be-if you take the time to learn
and follow the DO's and DONT's that go along
with each activity.

This class deals mainly with swimming, but keep
in mind that each type of water sport has its own
set of hazards and its own set of rules. Play it safe
and smart. **LEAN** and **FOLLOW** the rules.

PLAYING IT SAFE IN THE WATER

COLD WATER DON'T #1

Don't dive or jump into cold water. When cold water covers your body all of a sudden, it can cause you to gasp-and you drown. The sudden shock of cold water can make you inhale whether you mean to or not and fill your lungs with water. Then you've had it.



You gotta get used to it slowly in shallow water.



**Never dive or
jump into cold water**

COLD WATER DON'T #2




Just because the sun is shining and the weather is warm doesn't mean the water is right for swimming. Water 68 degrees or colder is pretty common.

Champion swimmers have drowned in cold water. The body loses heat faster than it can produce it. The 1st sign is shivering, then comes severe cramps and poor muscle control. You may even pass out. Fatigue can be so severe you may find you can't move your arms or legs. If you're in deep water then you'll probably drown. And it doesn't matter how good a swimmer you are. A distance you can easily swim in warm water can prove fatal when the water is cold. So swim near the shore, stay in shallow water, and get out of the water pronto if you feel chilled.

Shivering and goose bumps are danger signals—GET OUT!



Never swim in cold water over your head



Even one
beer can be
dangerous

Booze and water— a deadly mix

Alcohol speeds up loss of body heat. With alcohol in your blood, your body will chill much faster than you realize. If you're drinking and swimming, you may take chances you wouldn't take otherwise. So leave the booze alone when you swim.



O.K. so you
know how to
swim, now what?
PLENTY!

RULES! RULES! RULES!

Few people like rules. Maybe nobody does. Yet, a lot of do's and don'ts go along with water fun and safety. but when you think about it, these do's and don'ts aren't really rules. They are common down to earth sense.

For example, you don't need any rule to tell you that you should swim in approved areas only. Off limit areas may contain all kinds of hazards. On the surface things may look great, but the bottom may be covered with broken

glass, tin cans, discarded fencing, and other rubbish that can cause serious injuries and infections. Or the water may be full of germs from human and animal waste that may have been dumped into it. Or waste products from factories may have been disposed of there. Poisons from such waste can kill you. Even the old creek back home you used to "skinny dip" in when you were a kid may now be so dirty that no self-respecting fish would go there.

SWIM IN APPROVED AREAS ONLY!

Water sports should
be **SAFE** as well
as **FUN**.

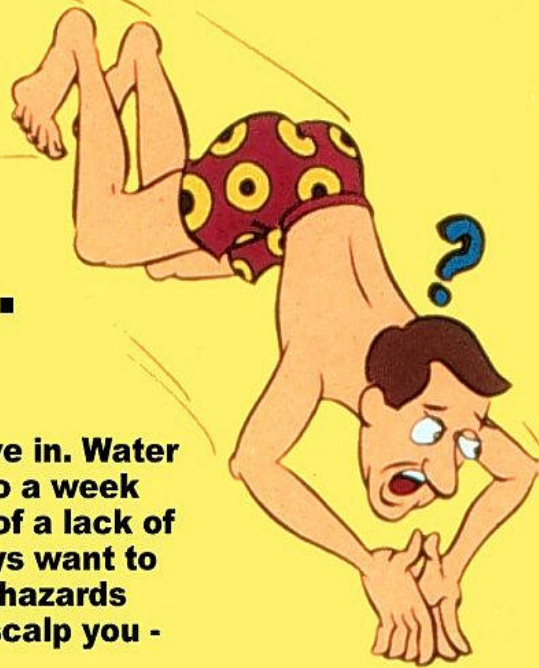
And they can be-if you take the time to learn
and follow the DO's and DONT's that go along
with each activity.

This class deals mainly with swimming, but keep
in mind that each type of water sport has its own
set of hazards and its own set of rules. Play it safe
and smart. **LEARN** and **FOLLOW** the rules.

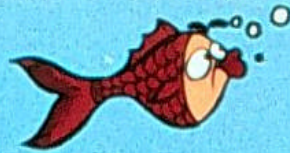


Even in approved swimming areas. . .

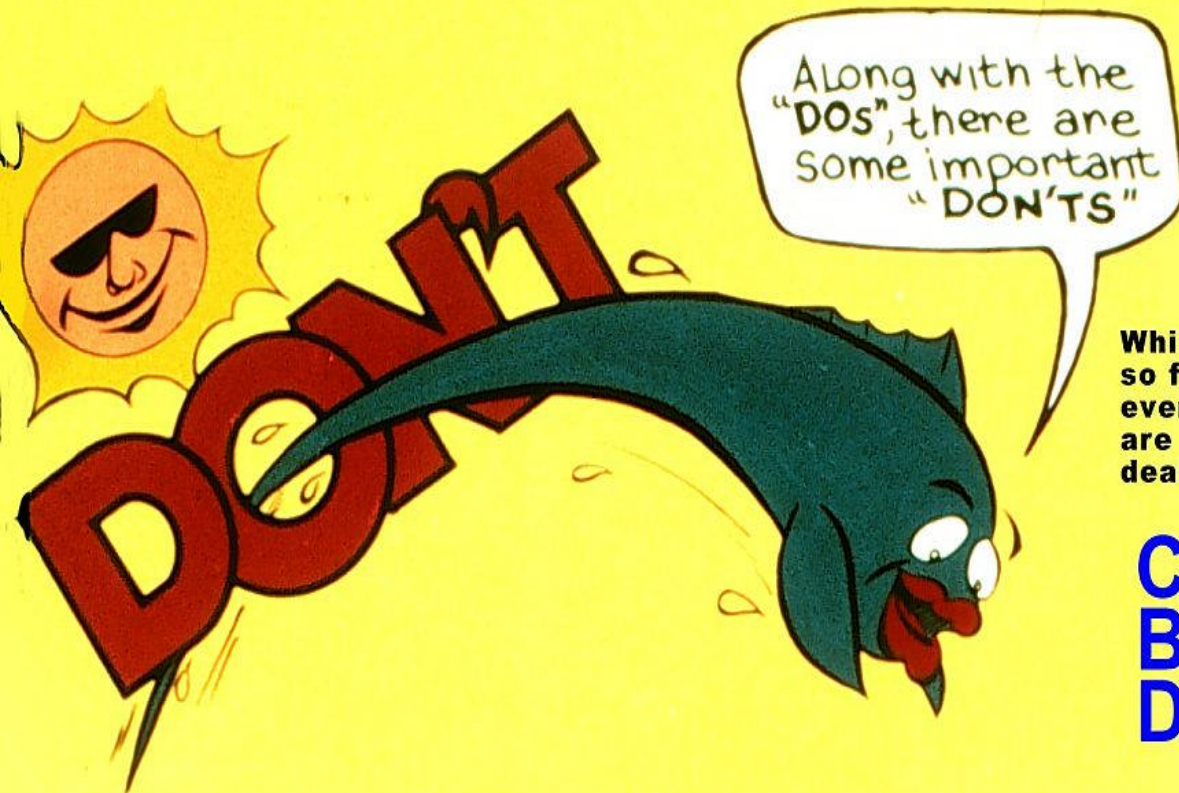
Always check the water before you dive in. Water that was deep enough to safely dive into a week ago may now be too shallow because of a lack of rain or drainage. At any rate, you always want to check and be sure no stumps or other hazards are hiding under the surface ready to scalp you - or worse



HOLD IT!



Always check the water before you dive



While the "dos" and "don'ts" talked about so far are probably old stuff to just about everybody, there are two DO NOTs that are not as well known. These two DO NOTs deal with the danger of swimming in cold water.

COLD WATER IS THE BIG KILLER IN ARMY DROWNINGS



1.

Don't swim Alone.

2.

Don't swim right after eating.

3.

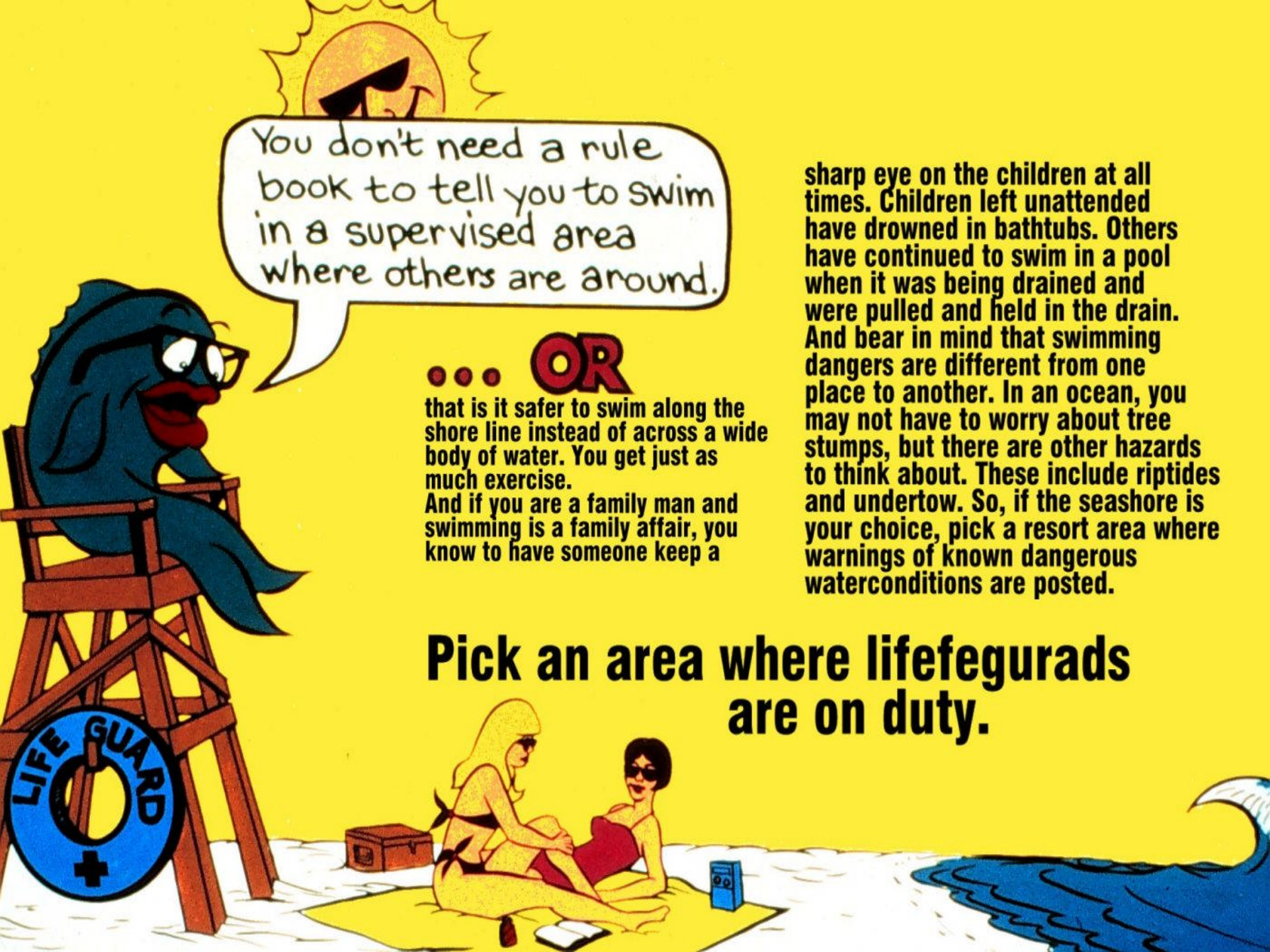
Don't play around in the water.

4.

Don't swim if you're tired, cold or feel lousy.

5.

Don't jokingly call for help when it's not needed.



You don't need a rule book to tell you to swim in a supervised area where others are around.

... **OR**

that is it safer to swim along the shore line instead of across a wide body of water. You get just as much exercise.

And if you are a family man and swimming is a family affair, you know to have someone keep a

sharp eye on the children at all times. Children left unattended have drowned in bathtubs. Others have continued to swim in a pool when it was being drained and were pulled and held in the drain. And bear in mind that swimming dangers are different from one place to another. In an ocean, you may not have to worry about tree stumps, but there are other hazards to think about. These include riptides and undertow. So, if the seashore is your choice, pick a resort area where warnings of known dangerous waterconditions are posted.

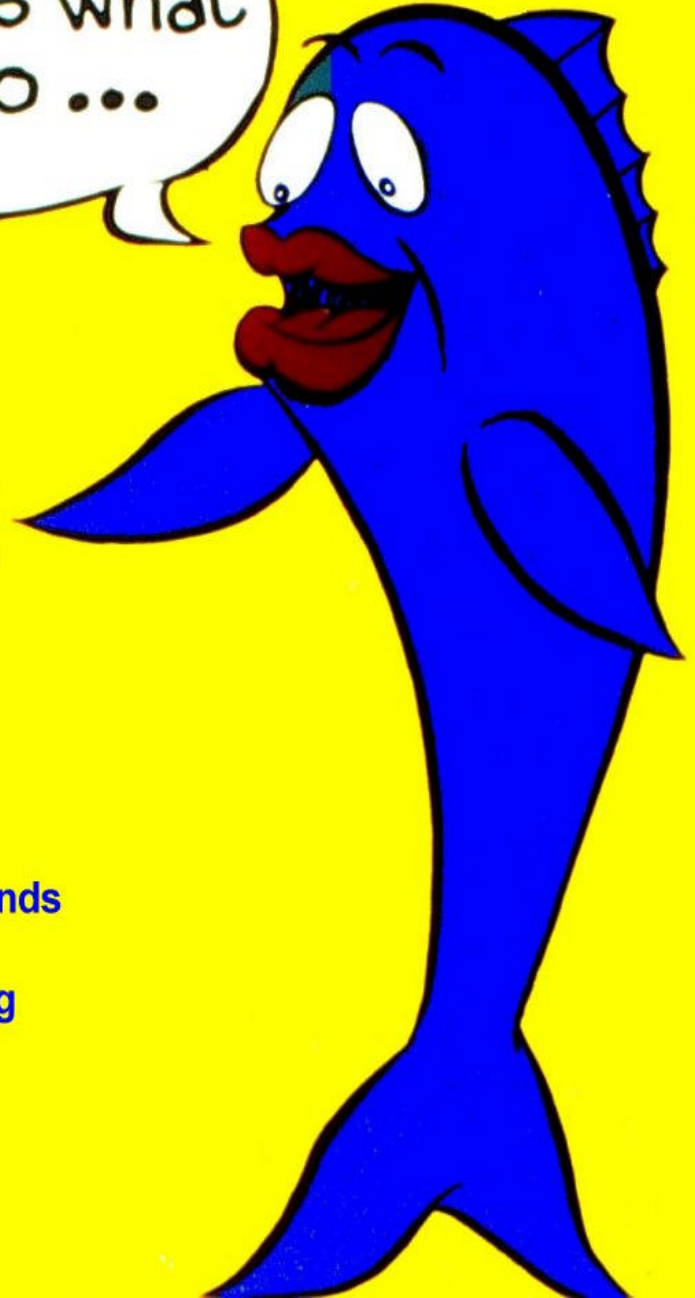
Pick an area where lifefegurads are on duty.

IF...

You're the one who's faced with saving a drowning victim, will you know what to do? Mouth-to-mouth is the most effective type of artificial respiration.

1. Remove any foreign matter from the victim's mouth.
2. Tilt victim's head back so the chin points up.
3. Move lower jaw to "jutting out" position.
4. Place your mouth over victim's mouth.
5. Hold victim's nostrils closed with your fingers.
6. Blow into victim's mouth until chest rises.
7. Remove your mouth to allow air to flow out.
8. Repeat every 5 seconds for adults and every 3 seconds for young children - **AND DON'T GIVE UP.** Persons have been revived after being underwater for as long as 38 minutes. If there is no pulse, apply external heart massage.

Here's what you do ...



Methods of Preventing Operational Drownings

Plan all overwater operations with due considerations to control the drowning threat.

Conduct required maintenance and required prefloat check.

Ensure through leadership and supervision that operations adhere to the prescribed plan.

Ensure troops have received drownproofing training as outlined in AR 21-20.